

# Let's Dance!

THE MAGAZINE OF INTERNATIONAL FOLK DANCING 🍷 April, 2007



Promenade all! The American Jubilee Dancers brought lively dancing and lots of energy and enthusiasm to the Festival of the Oaks.

See article by Kay James on page 9. —*photo by Gary Anderson*

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# Let's Dance!

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## TABLE OF CONTENTS AND CONTRIBUTORS

Big Success! Festival of the Oaks Comes Home; Kay James, page 9  
Calendar of Events; page 4

Choreography—Scandinavia; Richard Duree, page 13

Council and Club Clips; Naomi Lidicker, Barbara Malakoff, page 16

Dance descriptions: Arcanul Bătrânesc; Laura Bremer, Bill and Louise Lidicker, Joyce Lissant Ugkla, page 17

Katerino Mome; Laura Bremer, Bill and Louise Lidicker, Joyce Lissant Ugkla, page 19

Dance your way to a better body; from Loui Tucker, page 14

Dancing is great for all bodies; Donna Frankel, page 12

Holidays with Dance on the Water; Esther Mann, page 7

Is it time for a change in your program?; Loui Tucker, page 8

Letter; Sue Ritz, page 16

The Nominating Committee; page 16

What can the Folk Dance Federation do for you?; Gary Anderson, page 3

Welcome new members; Sidney Messer, page 16

Where to Dance; pages 25-27

The deadline for Let's Dance! is one month prior date of publication.

We welcome submissions, letters and comments from our readers.

Please send to: Gary Anderson, Editor

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email: [editor@letsdancemag.net](mailto:editor@letsdancemag.net)

*Opinions expressed in Let's Dance! are not necessarily those of the Federation/North or of the Editor.*

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Membership rate is \$22.50 per year (plus \$5.00 for foreign) (Associate member)

Mail applications, renewals & checks to:

Folk Dance Federation of California, Inc.

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Contact: [editor@letsdancemag.net](mailto:editor@letsdancemag.net)

or call 415-488-9197 (9:00am to 3:00 pm)

# What can the Folk Dance Federation do for you?

By Gary Anderson, editor

A good question and one we hear from time to time from people who aren't familiar with the Folk Dance Federation of California. Here are some answers; do you have others?

**Want to know how to protect your group with insurance?** The Folk Dance Federation can provide a source for dance insurance. If you are starting a club or otherwise need insurance for dances or parties, contact Elsa Bacher, 707-546-8877.

**Do you have an idea for promoting folk dancing but need capital?** The Federation has a Folk Dance Promotion Fund that can give grants up to \$2000 for worthwhile projects. Email committee chair Bill Lidicker, [dancefdf@aol.com](mailto:dancefdf@aol.com)

**Want people to come to your dances/parties?** Let the folk dance world know—list them in the "Where to Dance" section of *Let's Dance!* magazine. Write an article about your parties or new classes for the magazine. Contact editor Gary Anderson at [editor@letsdancemag.net](mailto:editor@letsdancemag.net). Remember the deadline: one month before the date of the magazine in which you want it to appear.

**Want a forum for expressing your thoughts or concerns about folk dance?** *Let's Dance!* can be that. Send your opinions in an email to: [editor@letsdancemag.net](mailto:editor@letsdancemag.net)

**Want to know how to do a dance or if you are doing a dance properly?** The Folk Dance Federation is recognized as an authority in writing and publishing dance descriptions that are used around the world.

**Want to learn new dance material?** The Federation sponsors a number of teaching institutes throughout the year in conjunction with major dance festivals. Learn about these in *Let's Dance!*

**Scholarships**—Know someone who needs financial assistance to attend folk dance camp? The Federation has a scholarship fund to help deserving dancers attend camp.

**Want to become more involved in folk dancing and meet some great people while you're at it?** Volunteer for a committee that interests you or volunteer to help at a Federation event. You'll have a good time and feel that you have become a part of the folk dancing community.

**Have a crazy idea that just might change folk dancing forever?** You never know what will do it. Contact President Vick Vickland [ecvickland@msn.com](mailto:ecvickland@msn.com) with your ideas for his "Crazy Ideas" column. Or send to the Spark Plug Committee: Loui Tucker ([loui@louisutucker.com](mailto:loui@louisutucker.com)), Judy Yamahiro ([goldstd03@earthlink.net](mailto:goldstd03@earthlink.net)) or Eileen Kopec ([eisiek@sbcglobal.net](mailto:eisiek@sbcglobal.net)).

**Folkdance.com**—The Federation is online. Our website has an Events List; club listings; downloadable dance descriptions and information; order forms for publications of dance descriptions, information about pronunciation of dance names, history of the Folk Dance Federation and a cookbook. We can post your dance flyers online. We also have links to other folkdance organizations.

[letsdancemag.net](http://letsdancemag.net) is the web address of *Let's Dance!* magazine. Check it out to find out more about the magazine.

**Don't be left on the sidelines. Get involved—the Federation can help you do that.**

*Let's Dance!* — April, 2007

## PRESIDENT'S MESSAGE, APRIL 2007

April: It's always a challenge for me to come up with inspiring words a month before *Let's Dance!* is due. April brings to mind April showers, of course, and April Fools Day. Last month I talked about how difficult it was for the nominating committee to come up with a slate of officers for the coming year. Well, the nominating committee and nominees have fooled me by coming up with a slate. See the article elsewhere in this issue. Under our new by-laws, passed this past January, the Assembly, consisting of all individual members and representatives of member groups, is to meet at least once a year at a time suitable for electing officers for the subsequent year. It will be held at the Blossom Festival, April 29, at 10:30 a.m. The Federation will provide a free lunch for all attendees. Please be there and be a part of planning for our coming year. I guarantee a non-boring meeting. Those of you who have attended recent meetings are aware that they have been productive.

On another subject, it has been noted in the past that we often don't appear to be enjoying our dancing. We can look pretty serious about what we are doing. Somebody has suggested that if you are having fun, you should let your face know about it. As I have looked around the dance floors in various locations, I am aware that making eye contact with each other seems to change facial expressions. We don't need to stare at the floor while we are dancing. There are no boulders to step over or avoid. We don't need to look at our feet. They know what they are doing. Look about the room at the other dancers. If you catch an eye, nod, wink or smile. And how about laughter? In Bruce Mitchell's classes, someone is often doing something silly, drawing a laugh or smile from the rest of us. It tends to make us look like we are having fun, which we are. So help lighten up your dancing groups. Make each other smile. And enjoy your dancing. -- Vick



## Folk Dance Scene

The official magazine of the Folk Dance Federation, South, Inc.

This (almost) monthly publication has folk dance events in California and elsewhere, folklore articles, recipes and lots of good reading.

To get a copy, just write to:

Gerda L. Ben-Zeev  
2010 Parnell Avenue  
Los Angeles, CA 90025

# April, 2007 Calendar of Events

We reserve the right to edit all submissions and assume no responsibility for accuracy  
Send future events information to Gary Anderson, Editor, Let's Dance!,  
Box 548, Woodacre, CA 94973, e-mail: editor@letsdancemag.net  
The deadline for listings is one month prior to the magazine date.

## Upcoming Events—

- March 31** **Balkan *Plus* Folk Dance Party.** Join us for an evening with California Kapela, the great band from Stockton Folk Dance Camp. We will play recorded music from our program when the band isn't on. The Balkan Dancers of Marin present their popular party at the Masonic Hall, 1010 Lootens in San Rafael. Great dancing, plentiful parking, an excellent wood floor & fine finger food—all for just \$5.00. **Bring something for the band—they are donating their time!** Come early and enjoy dinner at one of the fine restaurants within walking distance of the hall. For more information or to receive a flyer, call Irene Croft, 415-456-0786 or Anne Arend, 415-892-9405.
- March 31** **Fresno Folk Dance Council Fifth Saturday Dance.** 8:00-10:00 pm. Cynthia Merrill Dance Studio, 4750 N. Blackstone near Gettysburg Street, Fresno.
- April 27** **Petaluma Snap Y Dancers Annual Folk Dance Party,** 8-11 p.m., at Herman Sons Hall, 860 Western Avenue, Petaluma. Dancing to your favorite recorded music, plus live music by Turlu. Please bring finger food to share. Info 415-663-9512 or cjay@horizoncable.com
- April 29** **\*Blossom International Folk Dance Festival.** Everyone is welcome: come to watch, come to dance. Performances 1:00 to 2:00 pm, dancing 2:00 to 5:00 pm. Federation meeting 10:30 a.m. City College of San Francisco, North Gym, 2nd floor Dance Studio. 50 Phelan, San Francisco. Contact joel@folkdance.com
- May 12** **Rose Festival.** 1:00 to 4:30 pm, at Wischermann Hall, 460 Eddie Lane, Sebastopol. Contact 707-546-8877.
- May 25-27** **\*Strawberry Statewide.** The South is hosting this year's event on Memorial Day weekend in Oxnard at the Oxnard Performing Arts and Convention Center. Oxnard is renowned for its delicious STRAWBERRIES, and the world famous Strawberry Festival is held there the weekend before Memorial Day each year. We hope we can be as successful as the North was last year. For details about registration, hotels, parties, bands and teachers, see our ad pages in this issue.
- May 25-28** **Northwest Folklife Festival 2007.** Seattle Center. Check out the various activities at: [www.nwfolklife.org/](http://www.nwfolklife.org/)
- July 22-28 & July 29-Aug. 4** **Stockton Folk Dance Camp.** Two identical weeks of dance instruction with these great teachers: Yves Moreau, Bulgarian; Jennifer Kelly, Scottish; Cristian Florescu and Sonia Dion, Romanian; Richard Powers, Vintage, Ahmet Lüleçi, Turkish; Germain Hébert, French and Jerry Helt, squares. There will be various famous guest teachers in cameo appearances. **CAMP IS SOLD OUT—to be put on the waiting list, contact Jan Wright at: jmwright32@frontier.net.**
- October 20** **\*Harvest Festival.** The Annual Fresno Harvest Festival is on! Registration for the institutes in the morning will begin at 1:00 pm. The institute is from 1:30 to 4:30 pm. The evening party is 7:00 to 11:00 pm. Cynthia Merrill Dance Studio, 4750 N. Blackstone near Gettysburg Street, Fresno. Local clubs will host a party Friday night, October 19. Contact Fran Ajoian for more info: 559-255-4508

*\*denotes Federation events*

*The Council, club and class listings are in the back of the magazine*



# Note—Program changes!



## The Balkan Dancers of Marin

invite you to a unique

# ***Balkan Plus Folk Dance Party***

**Saturday, March 31, 2007**

With live music by

## **California Kapela**

➤ *the great band from Stockton FDC 2006* ◀

**will be playing for us, compliments of Eileen Kopec**

Eileen won an auction bid for a performance of California Kapela that they had generously donated to support the SFDC Scholarship Fund and she has given the performance to us. The band has donated their time so won't you please donate something to them.

**The band will play dances from the program, we will play recorded program dances when the band isn't playing. Come and join in the fun**

**8:00-11:00 pm ~ Donation \$5.00 ~ Plus please bring something for the band**

**Plentiful parking, an excellent wood floor, drinks & finger food!**

**Masonic Lodge Hall**  
1010 Lootens, San Rafael  
(between Fourth and Fifth)

For more information please call: Irene Croft 415-456-0786 or Anne Arend 415-892-9405

# *Jim Gold International Folk Tours*

2007 Mad Shoe Travel Guide

**BULGARIA and MACEDONIA !**  
**GREECE and the GREEK ISLANDS !**  
**NORWAY !**  
**HUNGARY !**  
**POLAND !**  
**BUDAPEST and PRAGUE !**

Travel with international folklore and folk dance experts:  
Jim Gold, Lee Otterholt, Adam Molnar, Mel Mann,  
Sanna and Mars Longden, Richard Schmidt

**BUDAPEST and PRAGUE. . . Spring Arts Festival Tour! March 16-25**

Led by Adam Molnar and Mel Mann. . . Prague extension: March 25-29.

**NORWAY. . . Norwegian and International Dancing! May 14-24.**

Led by Lee Otterholt. Oslo, Bergen. Hovin, (Telemark), Voss, Aal

**HUNGARY. . . Jaszbereny and Matyo Folk Festivals ! July 27-August 6.**

Led by Adam Molnar with Sanna and Mars Longden

Eger, Jászberény Folk Festival, Budapest, Nyiregyhaza, Mezökövesd, Debrecen.

**BULGARIA and MACEDONIA. . . Koprivshtitsa and Dorkovo Festivals!**

July 31- August 12, 13-18. Led by Jim Gold

Sofia, Bansko, Plovdiv, Veliko Turnovo, Skopje, Ohrid, Bitola, Sandanski

**POLAND. . . Mazurka, Polonaise, Kujawiak, and more! September 1-15.**

Led by Richard Schmidt. Krakow, Zakopane, Torun, Gdansk, Olsztyn, Warsaw.

**GREECE and the GREEK ISLANDS. . . Hasapico to Syrto**

October 21-November 2, 1-4 Led by Jim Gold and Lee Otterholt.

Classical Tour to Athens, Olympia, Delphi, Meteora, Mycenae. Greek Island

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# Holidays with Dance on the Water

By Esther Mann

It is less than a week since we returned from Vietnam and Cambodia and I can't get the beautiful visions and the music out of my head as I walk around the house and go about the tasks of daily living in Berkeley.

My mind is full of visions of the beauty of Ha Long Bay picturing Jean Rabovich standing at the end of the deck watching the bay with its outcropping of rocks, having lunch on board and buying tiny sweet bananas from a small boat that floated by with a very young child balanced on a long pole (made me a little nervous), and our visit to a huge stalactite lit cave in the bay. I want to thank Jean for her intelligent advice regarding what medicines to pack on our trip and her calm, warm companionship throughout our time together.

There are memories of floating along the Mekong Delta on the Pandow's sun deck watching the fisherman in tiny boats throwing out their nets while Josh Lieberman does his morning Tai Chi. I am day dreaming of Jean and other dancers linking arms with Lee Otterholt making his noises (sounds like Chi,Chi) and shimmying while dancing Mavromata on the sun deck as the breeze flows through our hair.

I am remembering Christmas, enjoying a beautiful, delicious dinner while each table sang a verse of "The twelve days of Christmas," our dining room festive with a Christmas tree and decorations. Lee Otterholt and Josh Lieberman wearing sun glasses and lowered pants belts as they became hip rappers and sang their original staccato song.

I'm hearing the lilting singing of our dance music by Elin Chadwick of Graton, Ca. and the choral group that she organized and led. We were entertained by a poem written by her group extolling the boat's crew and Mel's teaching of "Three's a Crowd."

How can I forget being in 5 star hotels in Hanoi, Ha Long Bay, the grandeur and dignity of a French built Hotel and Spa in Hue, seeing China Beach, and the boutique hotel in Hoi Ann, near Danang. In Hoi Ann, I received a wonderful gift. Mel went with Hanon and Noga (who is about my size) to one of the "custom made clothes in 5 hours" shop and ordered a custom tailored beautiful raincoat for me, something I have been wanting for a while. It was great to receive something Mel thought of himself.

Hanon was the best bargainer in the group. He even inquired about buying a tourist boat while we were traveling from the Pandow to a shore excursion. I'm looking forward to a photo he took of the group that went on the Hanoi extension while he yelled out "Old people gone wild."

We took a harrowing ride on pedi-bikes in the chaotic traffic of Ho Chi Minh city. I'll never complain about the traffic on the freeways again. It's almost like a game of "chicken" to cross the street. Although not a Christian country, Christmas eve in Ho Chi Minh city was resplendent in festive lights. The streets were filled with people of all ages coming to see the displays. The happy local children dressed up in Santa Claus costumes were charming to behold.

Mel had arranged for us to be treated to two special performance of traditional Vietnamese dances, and listen to the choreographers explain their traditions and work. One of the dances used long bamboo logs similar to the popular Philip-

pine dance. The grace and beauty of these performers was delightful. After the performance we were invited on stage to follow along with the choreographers and dancers to try some of their dances even the tricky balancing of trays they had used in some of their dance and the jumping in and out of the bamboo logs.

Next we were on the boat, the Pandow, sailing toward Cambodia. Ordinarily, the crew of the Pandow does not mingle with the guests; however, since Mel had chartered the boat, we were not bound by the norms of a usual cruise. We invited the crew to dance with us and were delighted to have our Pandow crew teach us some Vietnamese and Cambodian dances. Our waiter made a speech thanking us for coming to travel with them on the Pandow and being interested in his culture and especially for inviting the crew to be part of the dancing. He said that he had never seen such happy people and believed that our dancing kept us healthy and happy. He's right, of course.

New Year's eve found us enjoying dancing on a wood floor in a hotel in Cambodia when two oriental women entered the room enticed by the sounds of our music. Mel being Mel asked them to join us and, to our surprise, they picked up the dances very well. Some more of their group came in to watch.

Well, they turned out to be a group of dancers from Shanghai that were invited by Unesco to perform in Cambodia. Lillian Eng from San Francisco is of Chinese descent and spoke some Chinese. They brought in their instruments and began to play. Joe Pechi, Croatian born, was able to pick up one of their instruments and play. It sounded like a Gaida. Then Lee Otterholt did a Greek dance, with a glass of water substituting for ouzo, surrounded by us in a circle on bended knee snapping our fingers. One young dancer of theirs showed us how she would perform and a Chinese opera singer sang "Sorrento" beautifully with no microphone needed. What fun.

But, most of all, I shall miss the children. We returned to our boat, the Pandow, after taking a walk through a village in Cambodia when a group of children came to the shoreline to wave "Goodbye." Byron Eakin began to imitate an elephant, and then a monkey, much to the delight of the children. It is amazing how fast the grapevine travels even without a telephone. In a few minutes the crowd on shore doubled in size. Then four of us women, Roz Meizel (Mel's sister), Naomi Davidson, Linda Albert, and myself did the Hokey, Pokey. Roz, a former pre-school teacher, sang a song about "hair, eyes, nose, and other parts of the body" and some of the children recited the words back to us. It was great entertainment for them to watch us and a little education besides.

We went to National museum of Ho Chi Minh city to find it full of classrooms of children on a field trip. Everyone knew "Hello" and "Goodbye." It was wonderful to see them laughing, noisy, well fed, and well cared for. I was amazed at how many of the children of these countries are studying English. We visited a school, and an orphanage, and all were happy to practice their English with us.

Anyone can go on a usual cruise and enjoy nice places and good food, but traveling with folk dancers to exotic places with Mel Mann is a unique experience that cannot be duplicated.

# IS IT TIME FOR A CHANGE IN YOUR PROGRAM?

By Loui Tucker

I'm going to state right up front that this article may get me banished from the Folk Dance Federation. I am about to attack what I fear is a sacred cow. I know many of you reading this article are my friends and I may offend you. You participate in and are content with something that I am going to criticize. I apologize in advance.

However, the only way to get people to talk about a topic is to make them uncomfortable and my goal is to start a discussion...and hopefully see some change in the future.

I am writing about what seems to be a very old tradition which has annoyed me for years. It is something I would like to see disappear: dance programs set (and often published on advertising material) in advance of a festival or dance party.

Can I assume you know what I'm talking about? In February's Let's Dance, The Sweetheart Festival in Napa and the Balkan Dancers of Marin each had full-page advertisements which included a program of the dances that would be played at their event. I have attended many, many such dance parties that follow the same procedure. Often the printed program is posted around the room and programs are handed out at the door. WHY?

When I started dancing in the 1970s, Marcel Vinokur ran all-request parties in two rooms once a month. He still does. I attended the San Jose State Folk Dancers club on Friday nights for many years in the 1970s and the all-request dance parties were just that – you wrote the name of a dance on the request board or showed a few of the steps to the person in charge of the music, and every attempt was made to fit your dance into the evening of dances. Those were my primary models, so I have always run my own dance classes and parties the same way. I have lead my dance class on Thursday nights for over 25 years. Every dance party is an all-request event. You write the dance name on a list, and I will play as many dances on the list as I can in the time allowed.

In fact, I have always assumed that was part of the job of the dance teacher/leader – figuring out how to arrange the diverse requests into a dance program that is varied in level of difficulty, speed, ethnicity, and formation (partner, non-partner, sets, trios) – and meets the dancing needs of as many participants as possible. It's my duty to assess the age and dancing ability of the dancers in the room as well as the number of single people who will not be dancing if I play couple dances, in order to determine the best ratio of partner to non-partner dances and the best mix of fast, complex dances with slower, easier dances. I also have to be able to adjust the program in response to last-minute requests as well as the departure of persons toward the end of the party.

The creation of the dance program is pretty much the same whether you do it in advance or at the event. The biggest difference is that the "pre-programmers" figure out the program in advance without a lot of input from the people who will actually be doing the dances, and folks like me create the dance program on the fly. The "at the event" programmers can respond to immediate circumstances; the "pre-programmers" are pretty much stuck with what they create and cannot (or will not) make spontaneous changes.

For many, many years I have been puzzled by the published dance programs. Okay, it does allow me to look at the program in advance and decide whether or not to attend the event.

"This program looks perfect for me. Lots of my favorite dances. I'll be there!"

"Gosh, this program is 75% couple dances and I don't have a regular partner. I probably shouldn't bother to go."

"This dance program has lots of good beginner dances. I'll see if I can get XXX to go with me."

"I love XXX dancing but I see only four XXX dances on the program."

I suppose for every dancer who looks at the program and decides NOT to attend there will be a dancer who decides he or she WILL attend based on the program. Fine. Call it a draw. What I don't like is the rigidity. A pre-established and pre-printed program doesn't even allow you to "re-arrange" the order of the dances, much less remove Dance A and insert Dance B! Yes, there are some published programs that provide space for a "request" dance every once in a while, and some programs allow for "request dancing" at the end of the evening, if there is time. That still doesn't allow for the flexibility to deal with an immediate need.

I recently witnessed a very upset dancer leave an event very early because the dance program planned by the event coordinators was heavily loaded with couple dance and her partner was too ill to dance that night. Once her complaints were heard by the people in control of the event, there were some attempts by individual men to invite her to dance the couple dances, but she was too upset by then – too little; too late. There were other women in the same situation, but she was the one who attracted attention because of the level of her distress.

What was really needed was the ability and willingness to look around the room, see that there were almost a dozen women without dance partners with a program that was 70% couple dances [often three of them in a row], and CHANGE THE PROGRAM! Am I crazy in thinking this should have been obvious?

I can hear you now: "But we DO try to provide a balanced program. We try to pick dances that everyone knows so that everyone can dance all the time. And, by the way, Miss Fly-In-The-Ointment, we have VERY SUCCESSFUL events that everyone says they enjoy."

Wonderful! Congratulations! All I am asking for is to give the concept of an on-the-fly all-request dance program a try. Once. See what happens. It could be an eye-opening and rewarding experience.

And, by the way, the idea that everyone has to be up dancing all the time, and that is the way to measure if an event is successful – can work against us. If we only do the dances we know at our parties, we might miss an opportunity to learn new material from an unlikely source – for free! Imagine that a small group of dancers comes from a distant dance club and asks for a dance that isn't in your local repertoire. You have the music, because it's on some old cassette tape, or a recent CD and you just happen to have it at the dance party. That small group of visitors loves the dance and knows it well. Voila! An impromptu exhibition or even a quick teaching session. All it takes is a little flexibility.

I remember visiting a dance session in Arizona a few



## Festival of the Oaks Comes Home to Live Oak Park

By Kay James

This year's Festival of the Oaks actually took place at Live Oak Park in Berkeley and I thought it was a perfect venue. It's a familiar site for most folk dancers in the area; the large wooden floor in the main room is in great shape and there are even extra rooms for eating lunch and further dancing. This, coupled with the excellent teaching of Suzanne Rocca-Butler, made it one of the best festivals ever.

Mel Mann knocks himself out every year to put on this festival and having it so close to his home this time (he lives right up the street from Live Oak Park) made it not only easier for him but a benefit to all of us as well. I'm thinking in particular of the lovely meal that his wife, Esther, provided for those who wanted to partake...a hearty lentil soup (vegetarian or with ham), a salad, French bread, tangerines and brownies for the reasonable price of only \$4 or \$5. And for only \$12, what a bargain it was for more than four hours of teaching, followed by an afternoon of recorded music for dancing.

Kolo dancing was offered by Walt and Chris Lange and Bill Wentzel in one of the smaller rooms, and I understand it was appreciated by those who did not want to do any of the couple dances in the main room. The program, however, was evenly divided between partner and non-partner dances in the main room. And adding to this full day of 'dancing heaven,' there was the additional reward of a dance performance by Jubilee!

Suzanne Rocca-Butler selected some excellent dances to teach, with something for everyone, and yet without compro-

---

ars ago. I saw a dance on their repertoire list and requested it. "Do you know this dance?" they asked. "The person who used the lead the dance moved away and we have forgotten how to do it. Could you possibly teach it to us?" And when I said yes, someone promptly dashed home to get a camera.

Also, if only a few people get up to join a dance that is requested, perhaps it's a good indication the dance needs to be re-taught.

You might notice something else – people will stay until the very end of the evening. Why? Because they won't be able to look at the pre-printed program and say, "Rumph. There are no more dances I want to do. Let's leave now." Also, instead of arriving 20 minutes after the start of the party because they know from the pre-printed program that the first 20 minutes will be dances they don't care to do, they will arrive on time, not wanting to miss anything because there might be a dance played they don't get to do very often. They might even sit around the lunch table and talk about dances they haven't done in a while, really enjoy, and would like to request.

If you are reading this article, and if you're in charge of an up-coming festival, all I ask is that you consider NOT preparing a program in advance just once. Advertise your event as an all-request dance party: "Bring your dance shoes and a list of dances you'd like to see played. We'll do our best to get a few of the items on your list played during the evening." Take a chance. Expand your horizons. Think outside the box. However it needs to be said: just do it!

missing quality. The first dance she taught was the familiar Armenian dance "Sepastia Bar." Though many of us already do this dance in our groups, a demonstration from someone as knowledgeable as Suzanne was a big asset. Since it's a women's dance, the movement of the hands is what makes the dance, so further instruction on how to accomplish this gracefully was valuable. And the guys were right in there challenging themselves in grace along with the women. The next dance she taught, the Cossack one, "Dorozhka," was not only the most challenging but also perhaps the most rewarding. Though a number of us had experienced the original teaching of it by Hennie Konings at Stockton last year, I think it's safe to say that none of us really could do it afterwards. Suzanne was able to break down the footwork efficiently, combining it with the slightly difficult hand movements, helping us to get started on the road to attempting to master this exciting dance. I say "attempting" because I know it will take a lot more work, with repeated experience dancing it, to actually master the dance. To my mind, her instruction on this dance was essential to grasping it after Stockton, as the footwork was never properly taught in detail initially. For many of us, we finally began to make sense of the footwork and hand motions well enough to feel we were finally "getting it." She then taught "Good Man of Cambridge," an English country dance originally taught by Marianne Taylor at Stockton in 2005, and this was a satisfying addition for all of those who enjoy set dances. After that, there was "Myatalo Lence," a Bulgarian dance introduced by Michael Ginsberg at Mendocino Folk Life Camp and at North/South last year. Again, although our Friday Night Folk Dance group at the Albany YMCA has been doing this one fairly regularly, Suzanne's teach was a solidifying factor for the dance. "Tuluttooq" from Greenland was a fun little couple dance that was easy and enjoyable to execute and originally taught at Stockton by Alix Cordray in 2005. Lastly, she taught "Narino," one of Ahmet Luleci's Turkish dances, taught at Kolo Festival in 2005, with good music and few patterns, so it was an easy dance to pick up. The only challenge for this one was figuring out in the music when to do the long pattern and when to do the shorter one.

Around 3:00 p.m. Jubilee, one of our local performance groups, presented an Appalachian suite which included some exciting clogging. The group was animated beyond belief, with large smiles on their faces and quick footwork to show off to their appreciative audience, so much so that the viewers became almost as animated as the performers.

I had a great time at this year's Festival of the Oaks, and I think everyone who attended would say the same. What could be better than getting together with 'old' friends, dancing a lot, eating well and being delighted by a compelling dance performance? I can easily say that it doesn't get any better than this for me. So, the next time you see Mel and Esther Mann make sure you thank them profusely for their dedication in bringing us another successful festival. And, to all of you who helped out in many other ways, kudos to you as well. Next year will mark the 60<sup>th</sup> Festival of the Oaks! Who would want to miss that one?

City College of San Francisco and the  
Folk Dance Federation of California present:

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# Blossom International Folk Dance Festival

Folk Dance Performances and Open Dancing

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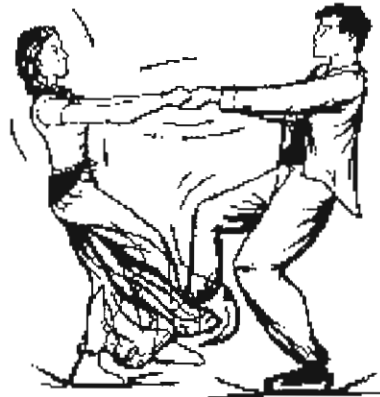
Sunday,

April 29, 2007

Performances: 1:00 to 2:00

Dancing 2:00 to 5:00 p.m.

Federation Meeting: 10:30 a.m.



City College of of San Francisco

North Gym, 2<sup>nd</sup> Floor Dance Studio  
50 Phelan, San Francisco

Everyone is Welcome:

Come to Watch, Come to Dance

Students: \$3.00 donation

General: \$5.00 donation

For More Information Contact: [joel@folkdance.com](mailto:joel@folkdance.com) or [cr2crb@aol.com](mailto:cr2crb@aol.com)

# Blossom International Folk Dance Festival

Folk Dance Performances and Open Dancing

Join us for the following International Dances:

Ali Pasa	(NP)	Turkey	Opinca	(NP)	Romania
Trugnala Rumjana	(NP)	Bulgaria	Maple Leaf Rag	(CPL)	USA
Humppa	(CPL, P)	Finland	Savila Se Bela Loza	(NP)	Serbia
Mari Mariiko	(NP)	Bulgaria	D'Hammerschmiedges'Iln	(S)	Germany
Bal du Jugon	(CPL)	France	Cobankat	(NP)	Albania
Tzadik Katamar	(NP)	Israel	Niguno Shel Yossi	(CPL, P)	Israel
Skt. Gilgen Figurentanz	(CPL, P)	Austria	Horehonsky Czardas	(NP)	Slovakia
Baztan-Dantza	(NP)	Basque/Spain	Lugovanka	(NP)	Russia
Tango Poquito	(CPL, P)	USA	Ba La	(CPL, P)	Israel
Opsaj Dir	(NP)	Croatia	Hora Miresi	(NP)	Romania
Japanese Soft Shoe	(CPL/TRIO)	USA	Posties Jig	(S)	Scotland
Paraliakos	(NP)	Greece	Godecki Cacak	(NP)	Serbia
St. John River	(S)	New Brunswick	Doudlebska Polka	(CPL, P)	Czech Republic
Oy Devoyko Duso Moja	(NP)	Macedonia	Vranjanka	(NP)	Macedonia
Pinewoods Two-Step	(CPL, P)	USA	Korsardas	(CPL)	Hungary
Tarina de la Abrud	(NP)	Romania	Dana	(NP)	Romania
Ada's Kujawiak #1	(CPL)	Poland	Talgoxen	(CPL, P)	Finland
Novoselsko Horo	(NP)	Bulgaria	Sweetgirl	(NP)	Armenia
Machar	(TRIO, P)	Israel	Salty Dog Rag	(CPL)	USA
Livan Oy	(NP)	Turkey	Ma Na'Avu	(NP)	Israel
Rustemul	(NP)	Romania	Bluebell Waltz	(CPL, P)	Scotland
Contra			Tikho Nad Richkoyu	(NP)	Ukraine

Dance Performances and International Folk Dancing  
featuring dances from around the world.



## *Dancing with Donna, #26*

# Dancing is great for all bodies!

By Donna Frankel, 408-257-3455

As this is the 26<sup>th</sup> article I have written for this fine Newsletter/Magazine and being that it is the start of a new year, I thought I'd take a moment and answer some of my "fan email" out loud!

Without Permission to use names, let me answer some of the questions I have received.

1) "So Donna did that lady ever go to the ball? You forgot to finish the story."

Yes, she did, at least as far as I know. She showed me the invitation, which in spite of, I think, four envelopes with hand calligraphy on two or three of them, was understated (meaning not as glittery as I'd have imagined), on eggshell colored embossed stationery with the formal crest. According to the sketches, her formal gown purchased in Paris was gorgeous. The last time I saw her, she was still making arrangements for what to do and see in London, besides the Ball, hosted by Queen Elizabeth and Prince Consort, Philip. How her dancing turned out, well, I never saw her after the ball, which would have been held this past November.

2) "How did you know my cholesterol was lowered when I started folk dancing twice a week?"

Actually, I wasn't writing about you, because I never met you but I'm glad if dancing has lowered your cholesterol too. I

was writing about my friend, Heather, who had her first dance class of any type from me in February, 2005, at the age of 53. Within two months, Heather was dancing twice a week and up to five times a week six months later. She went on my Mexican Riviera cruise less than a year after her first dance class and reported to our table that, within three months of dancing twice a week, her doctor had taken her off both her heart and cholesterol meds. In particular she had lowered her cholesterol level eighteen points just from dancing, since that (and the reduced stress that any exercise will achieve) was the only change in her life style.

3) "Dear Donna, The lowered cholesterol was new to me, but I can tell you I used to get the most awful migraines. Since I started folk dancing, they started to diminish, and now I can't tell you the last one I have had. You do a fine job of promoting folk dancing, but you really ought to stress the health benefits we older people enjoy because we folk dance."

OK, I will. Yes, I have had people report that they feel better when they dance, or they feel out of sorts because they haven't been able to dance. Many dancers tell me how glad they are that they came out to dance, even though they had other things to do, were too tired and were going to stay home, etc. I've always enjoyed dancing, myself, but since my arm injury, I have realized that my spirit suffers when I don't dance.

I can name over a dozen people who claim folk dancing saved their lives! Each story is a little different, but it usually begins with a sadness: "Soon after my wife died", "After my divorce I was so depressed", "When my youngest left

# Mendocino Folklore Camp

*With Dance Teachers*

*Yves Moreau - Balkan*

*France Bourque-Moreau - French Canadian*

*Chris & Lynnanne Miller - Argentine Tango*

*And Music Teachers*

*Michele Simon - Balkan Singing*

*Rumen Shopov - Doumbek*

*Live Music*

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**Chubritza**

June 16<sup>th</sup> - June 23<sup>rd</sup>, 2007

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Come Join The Fun!

For more information visit our web site at [www.mendocinofolkloreamp.com](http://www.mendocinofolkloreamp.com)

Or call our registrar (Phyris) at (707) 795-6926

Or via email at [phyris@mendocinofolkloreamp.com](mailto:phyris@mendocinofolkloreamp.com)



## CHOREOGEOGRAPHY

# SCANDINAVIA

by Richard Duree

*Richard Duree is a dance ethnologist and historian who has researched and taught dance for over thirty-five years. He is a retired Associate Professor of Dance and a free-lance writer.—Ed*

One of folk dance's most thriving groups is the one which thrives on the intricacies and fine points of hundreds of local variations of the dances of Scandinavia. Scandia, as the groups are generally known, has become one of the most sophisticated and knowledgeable disciplines in the folk dance community, one to which many dancers "mature".

Southern California has two clubs, one in Orange County

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home", "When I moved to this coast", "When I retired", "I discovered or rediscovered folk dancing."

One woman told me, "I had been so depressed; I had practically become a recluse. That is when a friend told me she was picking me up at 7 pm and we were going dancing. I laughed, and then realized she was serious. So I thanked her for thinking of me, but I said I just couldn't go. I wouldn't know anyone, I had no partner, my hair hadn't been done, I didn't have the right clothing, besides, I gave away my dance shoes years ago."

Another dancer informed me that he was a ballroom dancer in his younger years. A casual acquaintance invited him to join a folk dance social. "I didn't know that kind of dancing, Donna. It sounded like fun, but I thought at the time that I was much too old to start a new style of dancing."

The part each story had in common was that they went. One of my close friends who now teaches folk dancing, related that she went with another friend, determined to sit in the corner, just so the friend would finally quit bugging her about going dancing. "It was hard to wear a frown, Donna. Really I was determined to be miserable after my divorce, but people would come up to me and tell me that this next dance was easy and I should just follow the leader. Actually I think it was the music—all those happy polkas, gentle waltzes, intriguing music, haunting music, and especially the sad music, works on your very soul. Now I can't imagine a week without dancing."

"Donna, I was stuck on that mountain top, far from friends and neighbors, with two little kids all day and I was just going crazy until I discovered folk dancing."

"I knew I needed to get out and do something about my weight, but I just couldn't stick with an exercise program and I hated the gym with all those gorgeous fit women in leotards. When I found this folk dance class, I discovered there were other people who came in all sizes and enjoyed dancing without feeling self-conscious. You know they weren't worried about looks, but took my hand and showed me the steps."

So take a moment everyone and mentally thank the person that introduced you to folk dancing. In addition to reducing stress, regular dancing is listed as a prevention for osteoporosis. Regular dancing has been credited in increasing the quality of life for many adults—perhaps yours. Dancing is great for all bodies—but you already know this!

and one in Los Angeles; there are others in San Diego and the San Francisco Bay area, still more in the Seattle and Boulder/Denver area and beyond.

Many factors account for the fascination of this dance form, the enchanting fiddle music and the close turning figures being the most obvious. Five countries comprise Scandinavia: Norway, Sweden, Finland, Denmark and Iceland. For the purposes of this study, only Norway and Sweden will be observed, because of the fascination with the similarities and differences between them. Denmark and Finland are separate and have their own unique, readily recognizable forms, but Norway and Sweden jointly occupy the Scandinavian peninsula with a common boundary hundreds of miles long.

To the casual observer, indeed to many seasoned observers, the differences between the two are obscure. Norwegians and Swedes have every wish *not* to be confused with each other; a more-or-less friendly rivalry and slightly-veiled contempt for each other comes with the territory. In any event, they are very different from each other and it is only paying each their due to be able to identify their dance and related culture and not casually lump them into one. How to do it?

The music gives little clue at first listen. It all sounds alike with fiddles playing a bewildering array of lovely melodies, one lulling one into a contented dream world, the next blowing wind through deep canyons, yet another as playful and lighthearted as eternal youth.

The dances display a variety of movement styles; the Scandinavians seem to have invented every possible way for a couple to turn in a dance. Some flow smoothly and effortlessly, while others are full of bounce and energy. Which is which? Will someone please help?

Help may come in taking a look at the physical topography of the two countries. Though side-by-side, they do have very different landscapes. Sweden has by far the richer soil and thus more wealth. Her broad countryside lies in gentle, rolling hills heavily cultivated by farmers living in small villages. Norway has the unequalled scenery of rugged mountains, deep fjords and long, narrow glaciated valleys carved deeply into the land, resulting in poorer soils, more restricted overland travel and a more localized view of the world.

That "view of the world" is the underlying theory which accounts for the study of Choreogeography. When the people form their culture, they utilize what is available and what "feels" right, what is satisfying and blends with that "view". Listen to the music of Sweden and Norway. Listen to the sounds of echoes and rushing water, of wind in the trees and mountains. Feel the gentle flow of the spirit over a gently rolling landscape, treasured and caressed with the love of generations of people who draw their livelihood from the soil.

Sense the smoothly turning dance of one whose world rises and falls gently for as far as one might travel in a lifetime. Then, sense the bouncy energy of a people who must spend their lifetimes coping with the demands of steep hillsides, yet do it with subdued glee. Take a look at the countless variations of the *hambo*, yet there is only one *Telespringar*; the next valley's dance is difficult to reach and they have their own dance there.

Pity those who do not join in the dances of Scandinavia. Their misfortune is to miss out on one of the most satisfying of all dances, created while wrapped in the arms of a strong, sharing partner.

# Dance Your Way To A Better Body

From Loui Tucker

25 Sep 2006—Medical News Today. Regardless of gender, generation or income group, more and more people are going to the dance floor for a workout versus a gym and an exercise physiologist at New York City's Hospital for Special Surgery, a leading center for sports medicine, thinks she knows why.

"The best exercise program is one that is safe, balanced, promotes fitness and importantly, one people will do regularly because they enjoy it," according to Polly de Mille, exercise physiologist at the Women's Sports Medicine Center at Hospital for Special Surgery.

"The social aspects of dance help to make it very attractive for an increasing number of people versus, say, an elliptical training machine. Scientific studies are now also telling us that many things make dancing an excellent fitness regimen with attractive benefits," de Mille said.

Of course, balanced, targeted gym workouts can provide excellent fitness benefits as well, but for some people, the "fun factor" is missing at the gym.

"Those working out in gyms are often plugged into their iPods or their reading material, following their own regimen. Those dancing, however, are often moving in unison, possibly facing one another or touching, and having a communal experience. Connection and cooperation with others is integral to the experience," she said.

Dance is also very good for balance and posture, according to Beth Shubin Stein, M.D., an assistant attending orthopaedic surgeon in the Women's Sports Medicine Center at Hospital for Special Surgery who is trained in sports medicine and shoulder surgery.

"Dance is also a great aerobic workout and in addition tones many different muscle groups," Dr. Shubin Stein said.

Popular TV programs like ABC-TV's "Dancing with the Stars," which returns for its third season September 12, underscore the romance and passion sometimes involved in dance. De Mille cautions, however, that people need to know their limits and pace themselves before considering some of the acrobatic moves seen on TV.

While dance may not be for everyone (de Mille personally finds regular runs in Central Park to be very calming) and a few precautions need to be kept in mind, she says studies clearly show the health benefits of dance compared to gym workouts are impressive.

Specifically: Dance movements are multi-directional versus the straight forward motion on treadmills, ellipticals, Stairmasters etc. Joint mobility may benefit from the varied movements. One study demonstrated improved range of hip motion and flexibility of the spine on young adults who followed a three-month program of dance training.

Dance movements are weight-bearing and varied compared to a stationary bike. That is important for maintaining or improving bone density. Studies of recreational ballet dancers between the ages of 8-14 show higher bone mineral content in their hips and spine than in girls who did not dance.

Dance requires agility and balance as well as various

speeds of movement, skills that are generally not a focus of typical gym workouts. Studies of older populations who engage in dance-based exercise programs demonstrate improvement in balance and agility. This may be important in reducing risks of falls in this population.

Dance is mentally stimulating, requiring focus on coordination and learning movement patterns. Most people will read, listen to music, or watch TV to alleviate the boredom associated with most indoor exercise equipment. Dance requires being mentally engaged with physical movement, a constant mind-body connection.

Emotional responses are common in dance and would rarely occur in a gym workout. The music, movement patterns and mental engagement involved in dance often evoke emotions. One study showed that breast cancer survivors who participated in a 12-week dance and movement program not only improved their shoulder range of motion but showed improvements in measures of body image and quality of life.

Dance also can be a substitute for a cardiovascular gym workout. Depending on the type of dance, dance can be an excellent cardiovascular workout when done regularly. It would result in the same health benefits associated with any form of activity that involves sustained effort in the target heart rate zone such as improved cardiovascular function, lipid metabolism, endurance and body composition.

De Mille advises people considering dance as fitness therapy to keep three key points in mind:

Treat any pain first -- People should see their doctor and perhaps a physical therapist to have their pain issues diagnosed and treated properly. Pain is a warning signal that something can be wrong.

Wear good shoes -- Dance shoes often don't have the kind of cushioning and support that other exercise shoes offer. Style should not completely replace sensibility. Dancers should be careful about the footwear they select.

Don't get swept away - People can challenge themselves more than they should. As with any activity, pacing yourself, listening to your body and knowing your limits is important.

"From a mind-body perspective, anything you do successfully on the physical end will positively affect your mental and emotional states.

Dancers have excellent posture and just standing a little straighter can have a surprising transfer of power to your next board meeting or challenging conversation," commented Jenny Susser, Ph.D., a sports psychologist at the Women's Sports Medicine Center at HSS.

The first of its kind in the United States, the Women's Sports Medicine Center at HSS is a nationally recognized health resource for active women of all ages and abilities, from eager novices to professional athletes.





# HAWAII

## GRASS SKIRT:

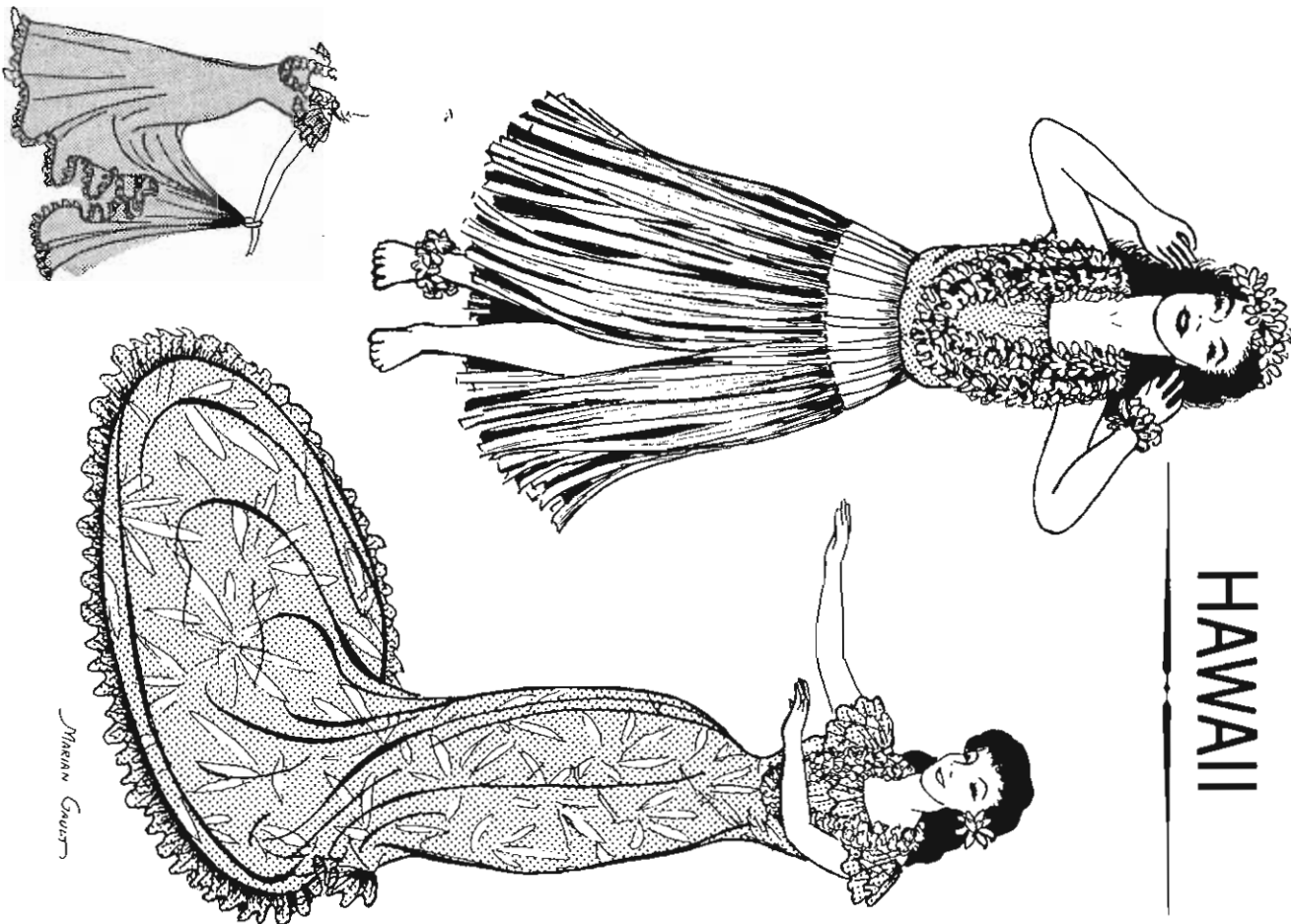
Made from long green, leaves of the ti plant, sewn together at stems to form band around top at waist. Leaves are then slit with tines of a fork and trimmed at bottom if necessary. Should reach almost to ankles. Skirt will not last for more than a few days as leaves will dry out and darken.

Top: Band of cloth sewn up one side, strapless, gathered on elastic at top and tucked into skirt band at waist. May be plain color, such as yellow, or flowered cotton print.

Flowers: Two or three leis are worn around neck. May be made of plumeria, ginger, carnations, crown flowers, "pikake", "ukulekule", "tillia", or imitations thereof. An anklet and a bracelet of the same flowers are worn on one wrist and one ankle.

A crown of same flowers may be worn on head or a large hibiscus or other flower may be worn over one ear.

No Shoes



## HOLOKU:

Formal Hawaiian costume usually worn to dance slow, classical hulas. Reaches to toes in front and has a full, long, rounded train in back. Fitted at waist; low neckline with one or two rows of ruffles. Bottom of skirt all around train is edged with a ruffle.

### Material:

Bright Hawaiian prints (usually not cotton) or may be a bright, plain color; red and yellow are the colors of Hawaii.

### Flowers:

At least one flower is worn in hair. Lei of carnations, plumeria, orchids or other suitable flowers around neck.

### Train:

A loop large enough to go over hand is sewn in middle of train. When not dancing, the wearer puts hand thru loop, and the train is picked up and carried from wrist so it does not drag on ground. During hula dance, train is spread on floor slightly in front and to the side of dancer. It adds beauty and charm to the graceful hula, but requires a skillful dancer to maneuver it properly.

### No Shoes

Our thanks to Miriam Gault for permission to use her art from the 1965 Folk Dance Calendar

## Council and Club Clips

**BERKELEY FOLK DANCERS.** It's going to be difficult to top "the Mad Hatter's Tea Party and a very merry Unbirthday" but we are going to do our darndest with our 66<sup>th</sup> **BirthDay Party**. "Summer of Love" will acknowledge the 40<sup>th</sup> anniversary of a significant paradigm shift that unfolded around the Bay. So on Saturday, April 28 at Live Oak Park Recreational Center at Shattuck and Berryman, Berkeley, join BFD for this festive occasion. There is no limit to the possible costumes! And no limit to the hilarity as we look back and see ourselves. And you can always come as you are! A sumptuous dinner is planned for 5:30 to 7:00 PM, followed by dancing to many of your favorite international dances until 10:30 PM. Cost is, like, around \$20. For further information, contact David Hillis, 510 549-0337 or davidhillis1@comcast.net.

—Naomi Lidicker

**PETALUMA SNAP Y DANCERS.** We are having our **Annual Folk Dance Party** Friday, April 27, 8-11 p.m., at Herman Sons Hall, 860 Western Avenue, Petaluma. Dancing to your favorite recorded music, plus live music by Turlu. Refreshments—please bring finger food to share. Info 415-663-9512 or cjay@horizoncable.com

**MENLO PARK FOLK DANCERS.** At our February party we celebrated the birthdays of both Marcel and Kathy Vinokur. Marcel's birthday had just passed and Kathy's was coming up. A huge cake with candles in the shape of 156 on it for the combined total of years was brought out and enjoyed. Our next party will be March 24. Menlo Park Recreation Center, 700 Alma at Mielke in Menlo Park. Potluck 6:00 pm, call for location. 8:00 pm until midnight. Lots of dancing in two halls. Lots of free parking. Free refreshments provided. \$7.00. Call for information, Marcel Vinokur at 650-327-0759.

**Sacramento International Folk Dance and Arts Council—** We are all catching our breath after the Camellia Festival. Thanks to all who came from all over the state, and made it a great party!

Thanks to the Otterholt dynasty for great teaching and energy! And thanks to the dynamic, not to mention fun, Chubritza.

We are excited and intrigued in Sacramento by a new World Dance Festival, being sponsored by the Convention and Visitor's Bureau. It has lots of great sponsors and funding and is like a dream come true for many of us. The idea is to feature all the various ethnic cultures in Sacramento, because, apparently, we have the "most diverse city in the country" according to a national magazine. There will be a two-day dance and cultural festival in Old Sacramento with two stages for dance groups and lots of food, crafts, etc. On Saturday evening there will be a dance concert in Memorial Auditorium. All this will happen on the third weekend in October. There is enthusiasm and money so far, but no one from the agencies has ever done anything like this before. That is where we are hoping to help fill the gap. We hope that we can help them find dance groups and showcase some great talent, and we are hoping that they can give us some great exposure and help to build our clubs and events. Stay tuned. We don't know how it will turn out, but it has great potential.

—Barbara Malakoff [www.folkdance.com/sacramentocouncil](http://www.folkdance.com/sacramentocouncil)

**BALKAN DANCERS OF MARIN.** It's party time in San Rafael again. Join us at our annual **Balkan Plus Folk Dance Party, March 31.** This year we will have live music with the fabulous band from Stockton FDC, California Kapela!

The band donated their time to the Scholarship Fund auction at Stockton FDC and the auction winner, Eileen Kopeck, has kindly given their performance to us. Thank you, Eileen, you're wonderful. Since the band has donated their time to benefit the Scholarship Fund, we are asking everyone to bring a donation for the band. Masonic Lodge Hall at 1010 Lootens in San Rafael.

Many people come early and enjoy dinner on San Rafael's restaurant row on Fourth Street and nearby side streets. All within walking distance of the hall. We start doing warm-up dances as soon as everything is organized, usually about 20 minutes before 8:00 pm., so come on in if you're there. The printed dance program will start promptly at 8:00 pm and the band soon after. We'd love to see you!

For more information or a flyer, please call 415-456-0789. The flyers have clear instructions on location and parking.

*Let the folk dance world know what your club is doing—  
contact Let's Dance! at  
editor@letsdancemag.net*

## The Nominating Committee

The Vice-President, Ann Brown, has appointed a nominating committee for the next election for officers of the Folk Dance Federation of California. The committee members are: Loui Tucker, Barry Moore and Gary Anderson.

The committee has been "meeting" by email and has come up with a list of nominees for the offices of President, Vice-President, Secretary and Treasurer. They are: President, Bill Lidicker; Vice-President, Loui Tucker; Secretary, Teddy Wolterbeek and Treasurer, Irene Croft.

Under the recently passed by-laws, all Federation members can vote! Nominations can be made from the floor. The election will be held at the next Assembly meeting, April 29, at the Blossom Festival, 10:30 am. For location see their ad.

## Welcome new members

Sidney Messer, membership chairman, reports the following new members:

Krystyna Chciak, San Francisco, CA

Laura Douglass and Joseph Croco, Redwood City, CA

And a new club:

Polish Folk Dance Ensemble, c/o Maureen Morris, San Francisco, CA

## Letter

. . . I would like to congratulate you also on the magazine itself. I always enjoyed reading Let's Dance; however, since you have been editor, the magazine seems to be bursting with energy! Thank you for encouraging/soliciting the wonderful articles and photographs.

—Sue Ritz

Thank you Sue. If I am due any credit, it must be for having been fortunate enough to have friends with a concern for folk dance. They make the magazine.

—Gary



## Arcanul Bătrînesc

(Romania)

Arcanul Bătrînesc (ahr-kah-NOOL BUH-trehn-ehsk) belongs to a family of dances that go under the name *Arkan* or *Arcanul* (the “ul” at the end of the latter name is just the definite article “the” in Romanian), and that can be found in Moldavia and the Carpathian Ukraine. The word “Arkan” means “lassoo,” and these dances typically display a lot of virtuosity and masculine bravado. This particular Arcanul is for old men (“bătrînesc” means “of the old men”), and is a proud and wistful song recalling the days when these men could still dance the fast Arcanul, and showing with pride and honor their ability to still stamp and kneel. Learned from Annemarie Trottmán and other members of the Baden, Switzerland folkdance group, January 1988, and Bianca de Jong (video), from whom the others learned it. Notes by Bianca de Jong, rearranged a little by Erik Bendix and presented by him at the 2006 Stockton Folk Dance Camp.

CD: *Gospodix en de Helvetiers*, Side A/15; Stockton Folk Dance Camp 2006,  
Track 4. 4/4 meter

Formation: Open circle, dancers face center with their hands resting on their neighbor’s shoulders (T-pos).

Styling: Walks (Fig I, meas 6-8 and Fig II, meas 7-8) are danced with sliding smooth steps. Heel clicks in Fig II should be delayed as long as possible and then done sharply.

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Measure	4/4 meter	PATTERN
8 meas	<u>INTRODUCTION</u>	No action.
	<u>FIGURE I</u>	
1	Step on R to R side (ct 1); step on L across behind R (ct 2); step on R to R side (ct 3); lift L knee in front of R (ct 4).	
2	Step on L across in front of R (ct 1); lift R knee up twd ctr (ct 2); repeat meas 1, cts 1-2 (cts 3-4).	
3	Repeat meas 1, cts 3-4 (cts 1-2); repeat meas 2, cts 1-2 (cts 3-4).	
4	Lightly stamp R heel without weight in front, bending upper body a little fwd (ct 1); lightly stamp R heel diag to R in front, turning a little to face that way (ct 2); lightly stamp R heel in front again (ct 3); lift R knee (ct 4).	
5	Repeat meas 1.	
6	Repeat meas 2, cts 1-2 (cts 1-2); facing more to the L, step on R across in front of L (ct 3); step on L to L side (ct 4).	

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- 7-8 Repeat meas 6, cts 3-4 four more times, except that on the last beat (ct 4 of meas 8), instead of stepping on L to L side, lift L knee twd ctr and stop moving to the L.

FIGURE II

- 1 Step on L across in front of R (ct 1); hop low on L to R, barely lifting off the floor, and clicking R heel against L heel (ct 2); step on R to R side (ct 3); step on L across behind R (ct 4).
- 2 Step on R to R side (ct 1); lift L knee (ct 2);
- 2 1/2-6 Repeat meas 1 and the first two cts of meas 2 three more times (so there are 4 click-steps in all).
- 7 Step on L across in front of R (ct 1); step on R to R side (ct 2); repeat cts 1-2 (cts 3-4).
- 8 Repeat meas 7, except that on the last beat (ct 4), instead of stepping on R to R side, lift R knee twd ctr and stop moving to the R.

FIGURE III

- 1 Stamp R next to L (no wt), facing somewhat L (ct 1); step on R in place, facing ctr (ct 2); repeat cts 1-2 with opp ftwk and direction (cts 3-4).
- 2 Stamp R next to L (no wt) (ct 1); stamp R diag to R (no wt) (ct 2); stamp R next to L (no wt) (ct 3); step on R in place (ct 4).
- 3-4 Repeat meas 1-2 with opp ftwk.
- 5 Repeat meas 1.
- 6 Repeat meas 2, cts 1-3 (cts 1-3); swing R leg in a wide CW arc to the rear (ct 4).
- 7 Bend L knee and kneel to the floor on R knee (ct 1); hold (ct 2); rise up on a still flexed L leg, lifting R knee sharply up in front to where thigh is horizontal (ct 3); hold (ct 4).
- 8 Repeat Fig I, meas 4 (lightly stamp R heel without weight in front, to the diag, in front, and then lift).

Dance repeats twice more from the beginning (three times total).



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email [editor@letsdancemag.net](mailto:editor@letsdancemag.net) or mail to:

***Let's Dance!***

Box 548,  
Woodacre, CA 94973-0548

## Katerino Mome

(Pirin, Bulgaria)

Katerino Mome (kah-ter-EE-noh MOH-meh) is the name of the song, for which the words follow. Ventsi Sotirov learned this dance during the time he worked as a lead dancer for the Pirin Ensemble. The dance also sometimes goes by the name "Arap," meaning "Arab," which is a name shared by several Macedonian dances. Presented by Erik Bendix at the 2006 Stockton Folk Dance Camp.

CD: Pirin Ensemble, Balkanton BHMC 7299 cassette, Side 1/5; 2/4 meter  
*Stockton Folk Dance Camp 2006*, Track 10.

Formation: Open line, facing ctr and moving to the R (LOD). Hands joined in W-pos.

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Measure	2/4 meter	PATTERN
11 meas	<u>INTRODUCTION.</u> Dance begins with singing.	
	<u>BASIC STEP</u>	
1	Facing diag R and moving LOD, raise R knee (ct 1); reach step on R (ct &); raise L knee (ct 2); reach step on L (ct &).	
2	Raise R knee (ct 1); step on R (ct &); raise whole L leg straight (about 45° angle) in LOD, dipping slightly on standing R leg (ct 2); hold L leg in place and dip a little deeper on R (ct &).	
3	Facing a bit to the R, step back on L (ct 1); step back on R (ct &); close both ft together, turning to face ctr, flexing both legs (ct 2); raise and dip a second time on both legs, coming down this time with wt on L (ct &).	
4	Step on R across in front of L, letting arms respond by slowing coming out and then down in a fwd arc (ct 1); step back on L in place, continuing arm motion (ct &); turning to face more in LOD, step on R to R side, letting arms begin to rise (ct 2); step fwd on L and finish bringing hands back to W-pos (ct &). Throughout meas 4, hands describe a "D."	
	<u>VARIATION</u>	
1	Repeat Basic Step, meas 1.	
2	Raise straight R leg in LOD, dipping slightly on standing L (ct 1); dip a little deeper, still holding R leg up (ct &); facing diag R, step back on R (ct 2); step back on L (ct &).	
3	Facing ctr, step on R across in front of L (ct 1); step back on L in place (ct &); leap onto R in place, flicking L ft up across in front of R leg (ct 2); leap onto L in place, flicking R ft up across in front of L leg (ct &).	

SEQUENCE: The Variation is done after 5 repeats of the Basic Step. The first 4 times of the Basic Step happen during the singing, so the Variation comes in the second half of the instrumental section (which is only 3 meas long, rather than 4). At end of meas 3, pivot on L ft to face LOD and begin Basic Step.

Song Lyrics:

Katerino Mome  
- Blagoevgrad, Pirin, Bulgaria -

Katerino, mome, Katerino  
Katerino, mome, krotko jagne  
zlašto si tolkoz, mome, ubava  
zlašto si tolkoz, mome, gizdava?

Kakva si voda, mome, ti pila  
kakva si treva, mome, gazila  
kakva te majka, mome, raždala  
kakva te majka, mome, gledala?

Ja sam si, milo libe, ubava  
Ja sam si, milo libe, gizdava  
Oti sam rasla, libe v'planina  
Oti sam rasla, libe, v'Pirina.

Pirinska voda, libe, sam pila  
Pirinska treva, libe, gazila  
Bŭlgarska majka me e raždala  
Bŭlgarska majka, libe, gledala

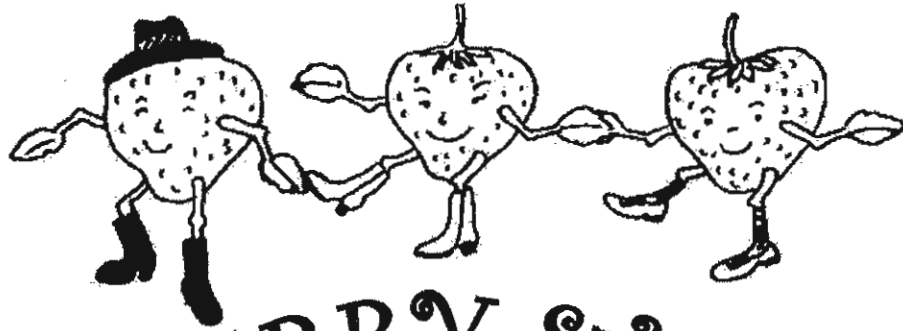
Translation:

Katerina, girl, tender lamb, why are you so beautiful and pretty?  
What kind of water do you drink?  
What kind of grass did you walk on?  
What kind of mother bore you and raised you?

I am beautiful and pretty, my love, because I was born in the Pirin mountains,  
because I drank the Pirin water,  
I walked on Pirin grass,  
and I was born and raised by a Bulgarian Pirin mother!



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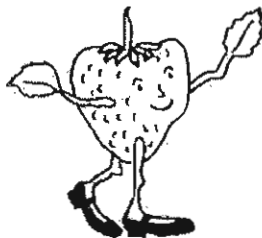
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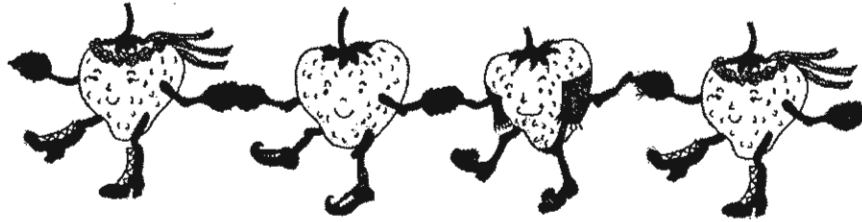
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# STRAWBERRY STATEWIDE

May 25-27, 2007

Supersaver Early Registration

Only \$50 **BEFORE MAY 10** (\$65 at the door)

## REGISTRATION FORM

First person

Second person

Name \_\_\_\_\_

Dance pkg \$50   
 Syllabus 4

\$50   
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*Dance pkg includes:  
 All evening dance parties  
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Chicken \$14   
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*Check one meal choice for  
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Mail this form **before May 10** & a check for grand total made out to **Folk Dance Federation** to:



Statewide  
 1524 Vivian  
 Newport Beach, CA 92660



Pick up registration packages at Statewide in Oxnard.

Questions – contact Steve: [register@StatewideFolkdance.com](mailto:register@StatewideFolkdance.com) or (949) 646-7082



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**SCHEDULE OF EVENTS**

**FRIDAY**

<b>Time</b>	<b>Event</b>	<b>Price</b>
7:30 – 11:00 P.M.	Registration and Strawberry Jam Warm-up Dancing Music by <b>FIFTH FRIDAY</b>	\$10

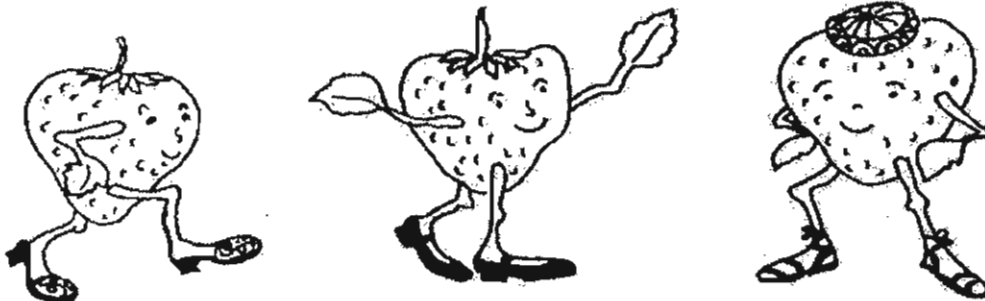
**SATURDAY**

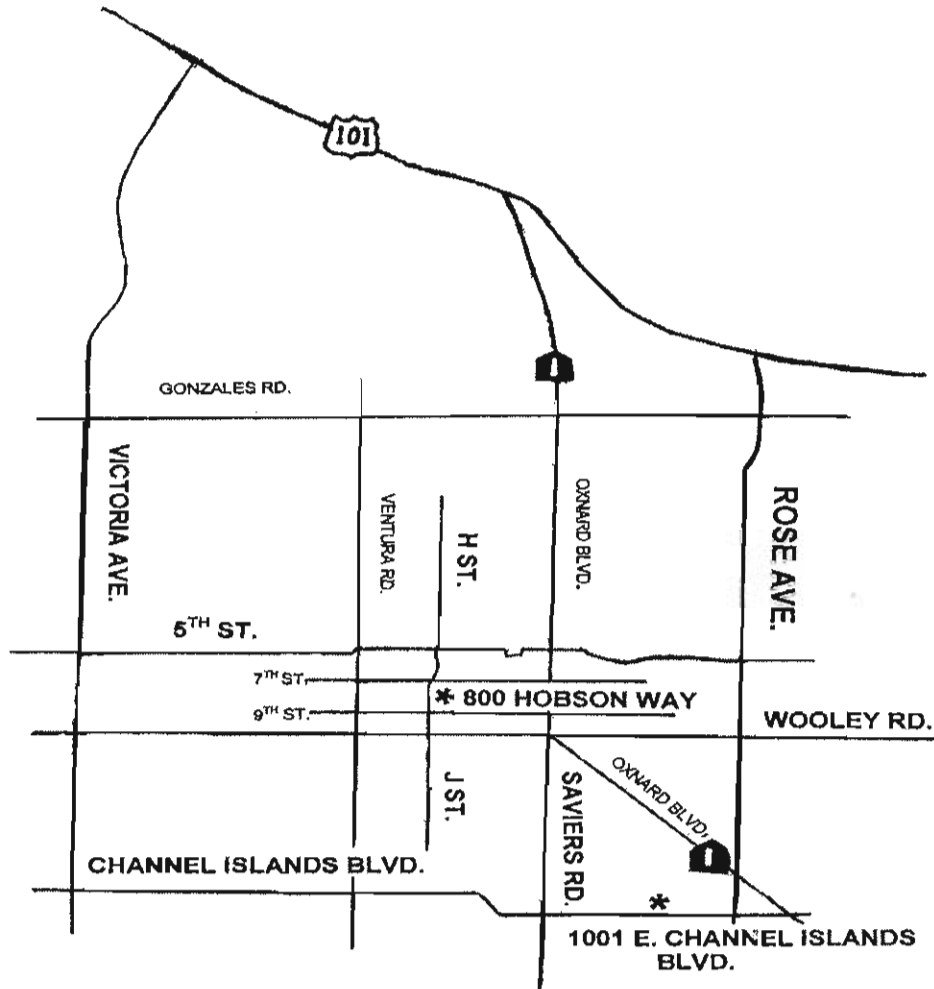
9:30 -10:15 A.M.	Strawberry Jam Warm-up Dancing	\$25 (daytime)
10:15 -12:30 P.M.	Institute Classes	or
12:30 - 2:00	Lunch on your own	\$15 morning
2:30 - 4:30	Institute Classes	
4:30 - 5:30	Strawberry Jam Cool-down Dancing	\$15 afternoon
5:30 - 7:30	Dine on Your Own	
7:30 -11:45	Strawberry Dance -with Surprise Performances, Live Music by <b>INTERFOLK</b> , and Ice Cream Social	\$15

**SUNDAY**

10:00 - 12:30	Institute Classes	\$20 (daytime) or
12:30 - 2:30	N-S meeting or lunch on your own	\$15 morning
2:30 - 4:30	Institute Reviews	\$10 afternoon
4:30 - 5:00	Cool-down Dancing	
5:00 - 7:00	Installation Dinner at IHOP or dine on your own	
7:30 - 11:30	Strawberry Dance party Live music by <b>EASTERN EXPOSURE</b> (with more Surprise Performances)	\$15

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Go west on Channel Islands Blvd. 0.6 miles. Turn right on Saviers Rd. and go north 1.1 miles. Turn left on Wooley Rd. and go west 0.6 miles. Turn right on "J" st. and go north 0.2 miles to the PACC. ("J" St. becomes Hobson Way after 0.1 miles).



## Where to dance

### **Federation clubs**

#### **NORTH STATE**

**Redding Folk Dancers** meet every Friday (except during July and August) from 7:00 to 9:45 p.m. at the Redding Ballet Academie, 1726 Market St., Redding. All levels of dancers welcome. Easy warm-up dances start at 7:00, instruction is from 7:30 to 8:30, and request dances follow. For more information, call Julie at (530) 547-4071 or e-mail Jan at [jmwright32@frontiernet.net](mailto:jmwright32@frontiernet.net)

#### **SAN FRANCISCO COUNCIL**

**Changs International Folk Dancers, Inc.** Meets the first four Fridays of each month at the Lincoln Park Presbyterian Church at the corner of 31st Avenue and Clement Street, San Francisco. Teaching on the first two Fridays followed by general dancing, 8:00-10:30 pm., Third Friday is party night, 8:00-11:00 PM. Fourth Friday is **Family Folk Dance Night** at 7:00 pm, followed by general dancing, 8:30-10:30 pm. Contact Sidney Messer, 415-332-1020.

**Greek Folk Dancing.** Meets every Monday at the Presidio Dance Academy, 1158 Gorgas Rd. at Marshall. Adjacent to Crissy Field, San Francisco. 8:00-10:00 pm. First hour is teaching and second hour is practice. Contact Mary Ann Karonis, 510-530-5140 [makaronis@earthlink.net](mailto:makaronis@earthlink.net) or [www.greekfeet.com](http://www.greekfeet.com)

**Mandala Folk Dance Center.** Meets every Thursday at St. Paul's Church Hall, 43rd & Judah, San Francisco, 7:30-8:15 pm. Request dancing, 8:15-9:00 pm. Intermediate teaching from 9:00-9:45 pm. Request dancing from 9:45-11:00 pm. First and last Thursdays are always Party Nights. Contact Edith or Paul at 415-648-8489.

**San Francisco Dance Circle.** Meets every Wednesday 10:00 — 11:30 a.m. at The Polish Club, 2040 22nd Street at Shotwell. Lines, sets, partners, trios—we do it all. Beginners welcome! Contact: Ann Colichidas at 415-902-7690. Free parking, public transportation.

#### **MODESTO**

**NEW TIME! Every Wed. night—Modesto Folk Dancers** meet at Raube Hall in Ceres. 7:00 to 10:00 pm. Cost \$3.00 per person. Contacts: Floyd Davis and Barbara Summers (209-578-5551 for directions)

**NEW TIME! Every Friday night—Village Dancers of Modesto** meet at Sylvan Elementary School auditorium, 2908 Coffee Road, Modesto. 7:00 to 9:30 pm. Cost \$5.00 per night per person (students \$1.00). Contacts Don and Judy Kropp (209) 847-4439 and Floyd Davis and Barbara Summers.

**Every Saturday—Modesto Tango** (Argentine) meets at Modesto Fitness & Racquet Club, 200 Norwegian Ave. (off McHenry), Modesto. Cost \$12 per person. Beginning lesson at 12:30 pm. Contact Mary Menz 209-522-1571.

**Every Monday—Modesto Tango** meets at Jacob's Restaurant, 2501 McHenry Ave, Modesto, for a practice and social dancing. 8 to 10 pm. No fee, but participants are encouraged to order food and/or drinks. Contact Mary Menz 209-522-1571.

**BERKELEY FOLK DANCERS.** All classes are held at Live Oak Park Recreation Center, 1301 Shattuck Avenue, Berkeley, CA. 7:45 — 9:45 pm. Contact Naomi Lidicker at 510-524-2871.

April 28—Birthday Ball, "Summer of Love". Celebrating the 40<sup>th</sup> anniversary of that memorable summer and the 66<sup>th</sup> birthday of BFD. Join us at Live Oak Park Recreation Center, Shattuck at Berryman, Berkeley, from 5:30 PM for dinner and dancing from 7:00-10:45 PM. Cost is about \$20. Contact David Hillis, 510-549-0337 or [davidhillis1@comcast.net](mailto:davidhillis1@comcast.net).

Weekly class schedules:

**Mondays**—Fourth Year, Lone Coleman 510-526-5886 and Tom Sha, 510-614-5522

**Tuesdays**—Second Year, Louise and Bill Lidicker 510-528-9168

**Wednesdays**—Third Year, Judy Stonefield 510-655-3074 and Yaqui Zhang 510-525-1865

**Thursdays**—Beginners, Claire and Al George 510-841-1205

**Fridays**—Requests. Contact Ed Malmstrom, 510-525-3030

#### **OAKLAND**

**Scandiadans**—Thursdays. 7-10 pm at the Nature Friends, 3115 Butters Drive, Oakland, Ca. From Highway 13 take the Joaquin Miller exit. Drive East (up the hill) on Joaquin Miller about a mile. Take the second Right onto Butters Drive. Follow Butters 0.4 mile. On the Right is a sign reading SCANDIADANS. Turn into the driveway and go down into a large parking area. The clubhouse is ahead on the Right. Contact: Frank and Jane Tripi 510 654-3636 or [fttripi@juno.com](mailto:fttripi@juno.com)

#### **PENINSULA COUNCIL**

**March 31, April 28 and June 16—Peninsula FD Council Parties.** 8 pm. \$7.00, free refreshments. Bring a little finger food to share. St. Bede's Church, Sand Hill Rd. at Monte Rosa, Menlo Park. Info: Al (408) 252-8106.

**Mostly Balkan.** Thursdays, teaching 7:45 to 8:45, request dancing 8:45 to 10:15. \$6.00. Menlo Park Recreation Center. Information: Sue 408-247-2420 or Derck 650-851-8498.

**Menlo Park Folk Dancers Parties—March 24, April 21, May 19.** Burgess Recreation Center, 700 Alma at Mielke in Menlo Park. Preceded by a potluck starting at 6:00 pm, call for location. 8:00 pm until midnight. Lots of dancing in two halls. Free refreshments provided. \$7.00. Call Marcel Vinokur at 650-327-0759 for details.

**April 28—Santa Clara Valley FD Party**—Free refreshments, Only \$7.00 St. Bede's Church, 2650 Sand Hill Road at Monte Rosa, Menlo Park. 8:00 pm. Contact is Maxine or Don at 408-739-0500.

**Tuesdays—Menlo Park Folk Dancers.** Classes, International, Beg., 7:00, Inter. 7:30, requests 8:30 pm. Menlo Park Recreation Center, 700 Alma at Mielke, Menlo Park. Marcel Vinokur 650-327-0759.

**Palomanians IFD**—Class on Tuesdays at Menlo Park Rec. Center, 700 Alma St near Ravenswood, Menlo Park. Intermediate and advanced partner and non-partner dances. Denise Hecnan, instructor. Info 408 252-8106.

**Carriage House FD**—class on Wednesdays at Holbrook Palmer Park, 150 Watkins Ave. in Atherton. Teaching 7:45 - 9:00. Requests 9:00 to 10:00 or so. Suzanne Rocca-Butler, instructor (650) 854-3184.

**Docey Doe FD Party & Potluck—March 24.** Potluck starts at 6:30 pm. Bring hot dish, salad or dessert. First United Methodist Church, 2915 Broadway (corner of Brewster) in Redwood City. Dancing around 8:00 pm, \$7.00. Refreshments will be served. For info call: Bruce Wyckoff, 650-368-7834.

**Docey Doe FD—Note new location**—class on Wednesdays, 7:30 pm at First United Methodist Church, 2915 Broadway (corner of Brewster) in Redwood City. Bruce Wyckoff, instructor 650-368-7834.

#### **FRESNO FOLK DANCE COUNCIL**

**Tuesdays—Fresno Danish Dancers.** Clovis Senior Center. 6:30-9:00 pm. Contact Wilma Andersen, 559-291-3176.

**Tuesdays—Central Valley-CAFY,** Lafayette Center, Princeton Street, West of Blackstone. Contact Fran Ajoian, 559-255-4508.

**Wednesdays—McTeggert Irish Dancers.** Beginners: 5:30-6:30 pm. Intermediate and Advanced: 7:00-8:00 pm. Contact Maureen Hall, 559-271-5200.

**First and Third Saturdays—International Dancers.** 8:00 to 10:00 pm at Cynthia Merrill's Dance Studio, 4750 N. Blackstone near Gettysburg Street, Fresno.

**Fifth Saturday Party** at Cynthia's Merrill Dance Studio, 4750 N. Blackstone near Gettysburg St., Fresno. Fran Ajoian 559-255-4508.

## REDWOOD COUNCIL

**Napa Valley Folk Dancers.** Telephone contact: 707-255-6815. Napa Valley College, 2277 Napa-Vallejo Highway, Napa, 94558. Party Every 4th Saturday, 1:00 - 4:00 p.m.

**Novato Folk Dancers Class** - Telephone contact: 415-892-9405. Lynwood School, 1320 Lynwood Dr., Novato, 94947. Every Wednesday 8 - 10 p.m.

**Petaluma International Folk Dancers Parties:** Telephone contact: 707-546-8877. Hermann Sons Hall, 860 Western Ave., Petaluma, 94952. Parties—2:00 - 6:00 p.m. **April 7, May 5, July 14, September 1, October 20, November 3 and December 1.**

**Petaluma Snap-Y Dancers** - Telephone contact: 415-663-9512 or 707-778-0130. Hermann Sons Hall, 860 Western Ave., Petaluma, 94952. Every Mon. 7:00 - 9:30 pm.

**Santa Rosa Folk Dancers Class** - Telephone contact: 707-546-8877. Willowside Hall, 5299 Hall Rd., Santa Rosa, 95401. Every Wednesday 1:15-3:15 p.m. except June - Aug.

**Santa Rosa Folk Dancers Party—Rose Festival,** Saturday, May 12, 1:00 to 4:30 pm at Wischermann Hall, 460 Eddie Lane in Sebastopol. Info: 707-546-8877.

**Snap-Y Dancers (Sonoma).** Telephone contact: Paul Smith 707-996-1467 or Theresa Kappes 707-938-4948. Vintage House, 264 first St. East, 778-0130. Sonoma, 95476. Every Thurs 7:00 - 9:30 p.m.

**Balkan Dancers of Marin—Every Thursday.** 8:00 pm to 10:00 pm. One hour program dancing, one hour all request. Teaching every first Thursday with reviews following weeks. 4140 Redwood Highway, San Rafael. Info: call Irene Croft 415-456-0786 or Anne Arcnd 415-892-9405

**Kopachka.** Fridays, 8:00pm. Scout Hall, 177 East Blithedale in Mill Valley. Programmed & request dances. Jerry Duke is main teacher/leader. Contact Toni Denmark 415-789-0061

## SACRAMENTO

**PONY EXPRESS DANCE CLUB** Country-western, couple & line. First Saturday of Jan., Feb., Mar., Apr., May, Jun, Sept, Oct, Nov, & Dec. Lesson 7-8pm. Open dance 8-11:00pm. Arcade Creek Recreation & Park District Hall, 4855 Hamilton Street (I-80 & Madison Ave), Sacramento. Members \$5 & Non-members \$7. Contact: 916-212-4654 or cerponyexpress@aol.com.

**IRISH AMERICAN CEILI DANCERS.** Irish folk dancing. 2nd and 4th Wednesdays at the Ethel M. Harte Senior Center, 915 27th Street, Sacramento. Contact Helen Healy 916-444-3181

Where to dance in the Greater Sacramento Area

### SACRAMENTO INTERNATIONAL FOLK DANCE & ARTS COUNCIL

Website: [www.folkdance.com/sacramentocouncil/](http://www.folkdance.com/sacramentocouncil/)

\*indicates "Beginner-friendly class"

*(Note: Federation members are in bold type, others do not belong to the Federation.)*

\* **CONTRA DANCE.** All levels. No partner needed. All dances taught & prompted. Always live music! Held in Sacramento, Auburn, Nevada City, Chico, Sonora, Guinda, and Cool. See schedule online at <http://www.fussell.org/sacramento/index.htm> or call 916-739-6014 or 916-371-0739.

#### MONDAY

El Dorado Scandinavian Dancers. 2nd and 3rd Mondays. 7-10 pm. 3100 Ponderosa Rd., Shingle Springs, Contact: 530-672-2926.

HOROS. Mostly-Balkan, non-partner, intermediate & advanced.

7:30-9:30 pm. Coloma Community Ctr., 4623 T St., Sacramento. Contact: 916-731-4675

\***SCANDINAVIAN DANCE CLASS.** All levels. Beginners 7-8 pm. Review and intermediate 8-9 pm. Requests 9-9:30 pm. Hamilton St. Park, 4855 Hamilton St., Sacramento. Contact: 916-358-2807.

#### TUESDAY

**EL DORADO INTERNATIONAL DANCE.** Beg. & Int. line & couple. 7:00-9:00 pm. IOOF Hall, 467 Main St., Placerville. Contact: 530-622-7301 or 530-644-1198

**TUESDAY DANCERS.** Beg. & Int. International & Country Western, line & couple. 1:00-3:00 pm. Hamilton St. Park, 4855 Hamilton St., Sacramento. Contact: 916-446-6290 or 916-923-1555

#### WEDNESDAY

**CALICO FOLK DANCERS.** Beg. & Int. International, line & couple. 3:00-4:30 pm. Mission Oaks Ctr., 4701 Gibbons Dr., Carmichael. Contact: 916-487-0413 or 916-923-1555

**KOLO KOALITION.** Mostly Balkan, Int. & Adv., non-partner. 7:30-10:00 pm. YLI Hall, 27th & N, Sacramento. Contact: 916-739-6014

**VINTAGE DANCERS OF SACRAMENTO.** Late 1800s to early 1900s, couple. 7:30-9:30 pm. (Sept.- May) Hamilton St. Park, 4855 Hamilton St., Sacramento. Contact: 530-888-6586 or 916-446-6290

#### THURSDAY

**ALPENTANZER SCHUHPLATTLER.** Bavarian & Austrian. 7:30-9:30 pm. Call for location. Contact: 916-988-6266

\* **PAIRS & SPARES.** Beg. & Int. International, Rounds, Squares, & Contras. 7:30-9:30 pm. (Sept.-June). Babcock School, 2400 Cormorant Way, Sacramento. Party 2nd Sat. 7-10 PM. Golden Palms Mobilehome Estates Activity Rm., 8181 Folsom Bl., Sacramento. Contact: 916-428-6992

\* **RENO INTERNATIONAL FOLK DANCE CO-OP.** Beg. & Int. International. 7:15-8:30 pm. 1st Congregational Church, 627 Sunny-side Dr., Reno. Party 3rd Sat. Faith Lutheran Church, 2075 W 7th Ave., Reno. Contact: 775-677-2306 or wigand@gbis.com

#### FRIDAY

\***EL DORADO INTERNATIONAL DANCE.** Beg. & Int. 7:00-9:00 pm. Marshall Grange, 4940 Marshall Grade, Garden Valley. Contact: 530-622-6470 or 530-333-4576

\***EL DORADO INTERNATIONAL DANCE.** All levels, Couple & Line. 8:00-10:30 pm. 3100 Ponderosa Rd., Shingle Springs. Contact: 530-677-1134

\* **NEVADA COUNTY FOLK DANCERS.** Beg. & Int. International & Balkan. Selected Fridays. 8 pm. Methodist Church, 433 Broad St., Nevada City. Contact: 530-272-2149

#### SATURDAY

**BBKM.** Party, All Levels, Mostly-Balkan, Non-Partner. 3rd Sat. monthly except July & Aug. 8-11 pm. YLI Hall, 27th & N, Sacramento. Contact: 916-923-1555

**BALLIAMO.** 12:00-2:00 pm, Sierra II Center, 2791 24th Street, Room 14, Sacramento. Contact: [bdbeckert@sbcglobal.net](mailto:bdbeckert@sbcglobal.net) or 916-482-8674.

**EL DORADO SCANDINAVIAN DANCERS.** Couples, all levels. Selected 1st Saturdays. 2-5 pm workshop, 7-12 pm Party. Wolterbeek Dance Barn, 3100 Ponderosa Rd., Shingle Springs. Contact 530-672-2926.

**FIRST & LAST DANCERS.** Country-Western, Couple & Line. Last Sat. of Jan., Feb., Mar., Apr., Sept., Oct., & Nov. 8 pm-Midnight. Valley Oaks Grange, 5th & D, Galt. May, June, July, Aug., & Dec.: special dates & times. Contact: 916-682-2638

**KOLO KOALITION.** Party, All Levels, Mostly Balkan, Non-Partner. 1st Sat. monthly. 8:00-10:30 pm. YLI Hall, 27th & N, Sacramento. Contact: 916-739-6014

**PAIRS & SPARES.** Party, International. 2nd Sat. monthly. 7:00-10:00 pm. Golden Palms Mobilehome Estates Activity Room, 8181 Folsom Bl., Sacramento. Contact: 916-428-6992

**RENO FOLK DANCE CO-OP.** Party, International. 2nd Sat. monthly (Sept.-June). 7:00-9:00 pm. 1st Congregational Church, 627 Sunnyside Dr., Reno (off Keystone Ave.). Contact: 775-677-2306 or wigand@gbis.com

#### SUNDAY

\***DAVIS INTERNATIONAL FOLKDANCERS.** All levels. 7:00-10:00 pm, International House, 10 College Park, Davis. Corner of College Park and Russell Blvd. Across from the north entrance to UCD campus. Contact: 530-758-0863. Website: www.davisfolkdancee.org

**EL DORADO SCANDINAVIAN DANCERS.** 1st Sunday. 3-6 pm. 3100 Ponderosa Rd., Shingle Springs. Contact 530-672-2926.

\***ENGLISH COUNTRY DANCE.** All levels. 2nd Sun. monthly. 2-5 pm. Roseville Masonic Temple, 235 Vernon St., Roseville. Contact: 916-739-8906

\***SACRAMENTO 3RD SUNDAY SOCIAL DANCES OF THE WORLD PLUS ISRAELI.** \*2-4 pm beg. & int. Israeli line & couple. 4-5 pm international line couple & mixers. 5-6 pm all requests. YLI Hall, 27th & N, Sacramento. Contact: 916-632-8807 or 916-371-4441.

\***SACRAMENTO 4TH SUNDAY SOCIAL DANCES OF THE WORLD PLUS SCANDI.** All levels. 2-3:30 pm. International line, couple, & mixers. 3:30-5:30 pm Scandinavian. Requests till 6:30 pm. YLI Hall, 27th & N, Sacramento. Contact: 916-632-8807.

**SACRAMENTO SUNDAY ISRAELI DANCE.** Beg. & Int. Israeli, Non-Partner. 3rd Sun. monthly. 2-4 pm. YLI Hall, 27th & N, Sacramento. Contact: 916-371-4441.

**STEPPING OUT.** Teach & perform various forms of Scottish Dance including Scottish Country Dancing, Ceilidh dancing Twasome & Cape Breton Step Dancing. Meets 2 pm Sundays in Roseville (call for location). Contact: Charles Todd, 916-786-8448 or email chuck.todd@surewest.net

**EXHIBITION GROUPS.** Contact the following, if interested, for further information.

**ALPENTANZER SCHUHPLATTLER,** Bavarian/Austrian exhibition group. Contact 916-988-6266 or see website: www.alpentanzer.org

**BALLIAMO,** Italian performing group. Contact: 916-482-8674

**CAMTIA.** German exhibition group. Contact: 916-933-4619 or 530-888-6586. Website: www.gcocities.com/camtiafest/  
**EL DORADO SCANDINAVIAN DANCERS.** Contact 530-672-2926

**VIENNESE WALTZ SOCIETY.** Contact: 916-395-8791 or 916-765-2229 or 16-714-2527. Website: www.waltz@strauss.net

**ZADO SINGERS.** Performing group singing songs of Eastern Europe & beyond. Contact: 916-923-1555 Website: www.zadosingers.org

**Note:** Information is subject to change. Telephone contact numbers for current information.

*For information on other Federation activities  
call 510-524-2871*

## *Other groups and classes—*

### **BAY AREA—**

**Albany Y Folk Dancers.** Every Friday, all levels, instruction 8:00 to 9:00 pm, all request dancing until 11:00 pm. 921 Kains Street, just south of Solano, off San Pablo Ave., Albany. Contact Kay James, 925-376-0727.

**Rina Israeli Dance.** Everyone is welcome. Thursdays, Beginners 10:00 am, Intermediates 11:00 am to 12:30 pm. Osher Marin Jewish Community Center, 200 N. San Pedro Road, San Rafael. For information call 415-444-8000.

**Stockton in Exile—**First and third Sundays. 10:00 am to 12:00 pm. All requests, mostly Stockton dances. Saratoga School of Dance, 18776 Cox Ave., Saratoga. Call to confirm, Marion Earl 650-793-1166.

**International Folk Dance.** City College of San Francisco, Fall 2006 starts Tues, August 22. 5:30 to 7:00 pm, beginning: 7:00 to 8:00 pm, intermediate and production. Contact Gail Barton 415-45205353# or the registration office 415-239-3285. www.ccsf.edu (search: dance)

**Folkdances of Hungary and Transylvania—**Wednesdays 8:00 to 10:30 pm. Todd Wagner and Sarah Tull. \$7.00 drop-in. Menlo Park Rec. Center, 700 Alma Street, Menlo Park. Call for info: 650-941-0227 or email todd@wagnerhaz.com

**International Folk Dance.** Wednesdays, 7:00 pm at the Dance Palace, 5th and B Streets, Pt. Reyes Station. Contact Carol Friedman 415-663-9512 for information.

**Saratoga International Folklore Family.** Thursdays 7:00-8:00 beginners lesson; 8:00-10:00 intermediate-advanced. \$8 general public, \$6 seniors. St. Archangel Michael Serbian Orthodox Church, 18870 Allendale Avenue, Saratoga. Contact Loui Tucker 408-287-9999, email: loui@loutucker.com

**Stanford International Dancers.** 8-11:00 pm. Fridays, Flex-it Aerobics Studio, 425 Evelyn Avenue, Mountain View. For info call Barbara 650-966-1775. No street shoes.

**Monthly Scanddance,** Third Sundays, beginner class at 2:00 pm, party at 3:00 pm. Misson Blue Center, 475 Mission Blue Drive, Brisbane. \$6.00. Info: 415-467-6330 or Anja 415-467-8512.

**Friday Night Waltz—**American Social Dance, see website for lots of locations: www.fridaynightwaltz.com

**Monterey International Folk Dancers** meet on Wednesdays at the Monterey Senior Center, corner of Lighthouse and Dickman, New Monterey. Teaching begins at 6:30 pm and request dancing at 8 pm. Parties are held on fifth Wednesdays. \$1.00 donation requested per session. Contact/teacher: Mary Hancock 831-372-7730.

**San Francisco Second Saturday Israeli.** From 6:30 to 7:30 beginning dances, 7:31 to 10:30 will be request dancing. St. Paul's Presbyterian Church at 43rd and Judah.

**Friday Night Dancers.** Samy Salsa Rueda and Robin Social Ballroom dancing at the Cubberly Pavilion. Lesson at 8:00, general dancing from 9:00 until midnight. \$7.00, students \$3.00 Robin Rebello, 4000 Middlefield Road, Palo Alto.

#### **DANCE CRUISES:**

**Dance on the Water—France's Rhone River in Provence.** 9 days, June 23, 2007-July 1, 2007. Dancing led by Sandy Starkman. Mel Mann, www.folkdancingonthewater.org.

**Cruise with Donna—**Two Dance Cruises coming up, 9 day Crown Princess round trip out of NYC May 21 to the Caribbean and San Francisco round trip sailing July 30 to Alaska. Questions: Donna 408-257-3455 [www.dancingcruises.com](http://www.dancingcruises.com) or [donna@dancingcruises.com](mailto:donna@dancingcruises.com)

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## DANCE ON THE WATER

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